

## Aftercare Instructions for Piercings

- Clean the piercing **TWICE DAILY** for **6 WEEKS**.
- Spray ProntoLind or saline solution on both sides of the piercing and let it sit for a minute without touching the piercing.
- Take 1-2 cotton swabs and moisten the tip, wipe both sides of the piercing with them. Remember to use a clean tip for each side.
- You can also spray ProntoLind throughout the day on your piercing without using cotton swabs. This soothes the piercing and keeps it cleaner.
- After 6 weeks of cleaning, continue to clean the piercing once a day. However, stop using ProntoLind spray within 12 weeks of getting the piercing. (The ProntoLind spray remains effective for only 12 weeks. You can continue using it with a new ProntoLind spray)
- **DO NOT** change the piercing jewelry within the first 6 weeks. However, we recommend waiting 3-4 months. Early jewelry change can cause irritation and skin damage.
- Piercings close quickly without jewelry; do not remove the jewelry.
- **Contact us in case of any problems.**
- **DO NOT** play with the piercing, **DO NOT** twist the jewelry. This causes irritation and can lead to infection.
- The piercing may bleed during the healing process, which is normal. We recommend pressing a clean paper towel against the piercing area; bleeding should stop within 5-10 minutes.

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## Tongue Piercing Care Instructions

- Clean the tongue piercing with an alcohol-free mouthwash 3 times a day for the first week. After a week, switch to a smaller jewelry and continue cleaning the piercing twice a day for at least 3 weeks. We recommend even longer.
- Rinse with mouthwash for 30 seconds each time.
- You can change the jewelry within 7 days once the swelling has reduced. Do not change the jewelry for 5 weeks.
- **If you experience any issues with the piercing, please contact us.**
- Bleeding is normal; rinse your mouth with water and press your tongue against a clean paper towel afterward. It may take up to 10 minutes for the bleeding to stop.
- If you smoke, rinse your mouth after each cigarette.
- Avoid tobacco, alcohol products, dairy products, spicy or salty foods during the healing process.

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## Lip Piercing Care Instructions

- Clean the piercing twice a day.
- Moisten a clean cotton swab with Prontolind spray or saline solution and clean the outer surface of the piercing with it.
- Rinse the inside of the lip for 30 seconds with cold water.
- Continue cleaning the piercing every 2-3 days after the initial 6 weeks until the piercing is fully healed.
- **If you experience any issues with the piercing, please contact us.**
- Do not play with the healing piercing; it can cause swelling and lead to infection.
- Bleeding is normal; we recommend pressing a clean paper towel against the piercing until the bleeding stops, which may take 5 minutes.
- If you smoke, rinse your mouth after each cigarette.
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